

Primary Care Alcohol and Drug Screening Implementation Toolkit

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Patient Materials

WE ASK EVERYONE.



**DEPRESSION, TOBACCO, DRUGS, ALCOHOL,
and other risky behaviors affect your health.**

To provide you with the best possible care, we need to ask you about them.
So we ask **everyone** to complete a screening each year.

Your provider will review the information
and then discuss it with you during your appointment.

Please talk with your provider
if you have any questions or concerns.

[CLINIC NAME HERE]

DEPRESSION, TOBACCO, DRUGS, ALCOHOL, and risky behaviors affect your health. To provide you the best care possible, we need to ask about them.

So we ask — **everyone**. The conversation can also start with you.
We are here to help!

DEPRIMIRSE, FUMAR, CONSUMIR DROGAS Y LICOR Y COMPORTARSE en forma arriesgada, son factores que afectan su salud. Para que podamos brindarle la mejor atención que nos sea posible, debemos preguntarle acerca de estos factores. Por lo tanto, nosotros hacemos estas mismas preguntas a todos. Usted también puede iniciar el tema de conversación. ¡Estamos aquí para servirle



EVERYONE.

Nosotros les hacemos estas mismas preguntas a todos.

[Clinic website link here]

**Addiction is not a choice...
but Recovery is.**

Please speak to your provider today if you are ready to take the first step! Recovery is not a one-time fix, but an on-going process. Your Care Team will be with you every step of the way.

Recovery Program Locations

**[List recovery program
contact information
here]**

About [CLINIC]

Add clinic information here

[Clinic] complies with applicable Federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, age, disability, sex (including pregnancy and sex stereotyping), gender identity, sexual orientation, or any other characteristic protected by law. ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Clinic Contact info

**WE ASK
EVERYONE**

**YEARLY SCREENINGS FOR ALCOHOL,
TOBACCO, AND DRUG USE**



We're Here to Help!

[CLINIC] is passionate about supporting patients who are struggling with risky use of alcohol, tobacco, and drugs. Each year, we will ask everyone to complete a health screening.

ABOUT THIS SCREENING

Why am I being asked these questions? I never did this before.

[CLINIC] cares deeply about the health of each of our patients. Addiction is one of the most common chronic diseases but is often missed. Only 1 in 10 people with addiction get medical care. We want to offer help and treatment options to anyone who may be struggling with addiction.

Who is taking this screening?

All patients 18 years of age and older.

Why do I need to answer these questions if I don't use any drugs?

[CLINIC] is *asking everyone* about their alcohol, tobacco, and drug use. We do not discriminate or judge. Every patient will be asked the same questions.

When will I be asked to take this screening on the iPad?

[CLINIC] will ask patients to answer these questions once a year. It will usually occur at their annual physical exam, or at a scheduled follow-up appointment.

Why am I using an iPad for this screening, and not paper?

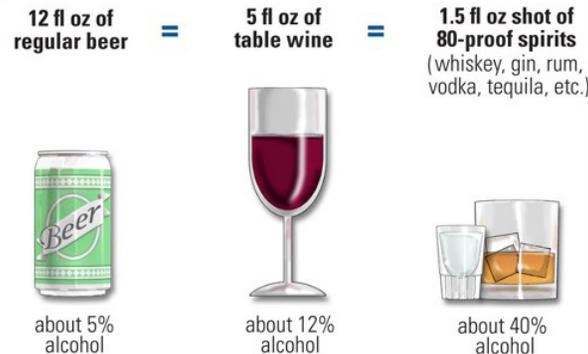
Using an iPad for this screening helps to protect your confidentiality. Your answers will be sent securely to your medical record so that your primary care provider can review your answers with you privately. We hope to use the iPad for more health and wellness questions in the future.

ALCOHOL SERVINGS

Did you know that the lines on SOLO cups are actually measurements? Each line is equal to ONE serving of alcohol:



Standard Serving Sizes of Alcohol



Source: National Institute on Alcohol Abuse and Alcoholism

Remember:

Allen's Coffee Brandy is alcohol.
One serving equals about 1.5 ounces.



USER FRIENDLY

Our goal is to provide every patient the best medical care we can. We know that patients who use alcohol, tobacco, and drugs value their health. So do we! That's why we're asking you to take part in this screening. The more we know about your alcohol, tobacco, and drug use, the better we can help you.

**We're here to help you,
not judge you.**

[CLINIC] recognizes addiction as a chronic brain disease, not a moral failing. We offer general Substance Use Disorder counseling in all [CLINIC] locations and Medicated Assisted Recovery services in several locations. See the back side of this brochure for a list of these locations. To learn more, talk with your provider or visit [\[clinic website\]](#)

Dear Patient,

We are writing to inform you about a new type of health screening that we have started at [CLINIC NAME]. As your primary care provider, we ask you a lot of questions about your health and healthy habits. Now, we are asking these questions in a new way!

The next time you visit us, you may be asked to answer a few questions on an iPad. These questions are focused on depression, alcohol, drugs, and tobacco use, because these behaviors can affect your health. Your provider will review the information and discuss it with you privately during an appointment. We have included a brochure with more information.

We will be asking everyone to complete this screening each year. In the future, we hope to use the iPads to complete health screenings for other types of chronic diseases, like heart disease, or diabetes. But we are starting with topics about depression and addiction because they are very important diseases that you and your provider should be talking about.

If you have any questions or concerns about this screening, please talk with your provider. We are committed to you and your family's needs and look forward to continuing to provide you and your family with quality, patient-centered health care. Please call XXX-XXX-XXXX or visit our office should you need medical care.

Sincerely,

Provider Training

Provider Pocket Card

4 Elements of BI

Raise the Subject

Provide Feedback

Enhance Motivation

Negotiate A Plan

Diagnosis

Alcohol use, unspecified
(F10.99)

Other psychoactive
substance use, (F19.90)

Brief Intervention dotphrase

<Insert here>

Education for Patient Instructions

<List available materials>

A Standard Drink

Any Drink Containing About 14 Grams Of Alcohol*

*NIAAA (www.RethinkingDrinking.NIAAA.NIH.gov)

12 fl oz beer

=

5 fl oz
table wine

= 1.5 fl oz liquor
(vodka, tequila, etc.)



-5% alcohol



-12% alcohol



-40% alcohol

Lower Risk Drink Limits*

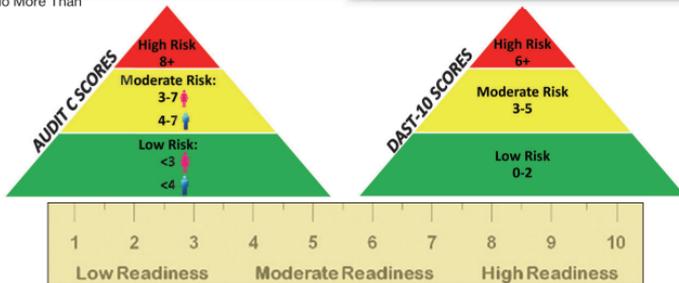
	Per Day	Per Week
WOMEN	3	7
MEN	4	14
OVER 65	3	7

LESS IS BETTER

AVOID ALCOHOL IF YOU

- take medications that interact with alcohol
- have a health condition made worse by drinking
- are under 21 years of age
- plan to drive a vehicle or operate machinery
- are pregnant or trying to become pregnant

*No More Than



***See separate PowerPoint slides for a
provider training presentation**

'SBIRT training slides_model_for STFM.pptx'

Counseling
Documentation
Examples

Substance Use Disorder Intervention

Suggested scripting to initiate motivational interviewing: I'm concerned that your alcohol/drug use puts you at risk for health and other problems

On a scale of 1 to 10 (10 = very ready), how ready are you to make any changes to your use?

Why did you select that number and not a lower number?

What are some things that might be better if you changed your use?

What are some things that might make it hard to change your use?

Patient goals

Patient will take the following actions steps:

For example: Track amount used, and how often; Anticipate high-risk situations; Get support from friends/family; Attend meetings or support groups (AA, NA, etc.); Attend a treatment program. Suggested Diagnosis: Alcohol use (F10.99), Drug use (F19.90)

Patient was provided the following materials:

Patient Ed Handouts

Referral to Treatment

- Alcohol Education
- Alcohol Goal Worksheet
- Cocaine Education
- Drug Goal Worksheet
- Opioid Education
- Stimulant and Hallucinogen Education
- Marijuana Education
- Benzodiazepine Education
- Electronic Cigarettes: What You Need to Know
- How Tobacco Smoke Causes Disease

For example: Medication to treat alcohol dependence (naltrexone, acamprosate); Discussion of medication for opioid dependence (buprenorphine, methadone); Education materials; Referral to Social Work.

Comments:

EPIC Dotphrase Counseling Documentation

Brief advice documentation – Alcohol or Drug

AUDIT-C score: XX

(Moderate risk: 3-7 women or 4-7 men; High risk: 8-12)

History

Alcohol Use

- 92.0 oz/week
- 8 Glasses of wine, 5 Cans of beer per week

DAST-10 score: XX

(Moderate risk: 3-5; High risk: 6-10)

History

Drug Use

- Frequency: 5.0 times per week
- Types: Cocaine, IV, Benzodiazepines, Synthetic cannabinoids, Other Prescribed Medications

Counseled on health effects, including:

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
- Injury/trauma (accidents, fights, unwanted sexual contact, etc.)
- Overdose (opioid, benzo, alcohol)
- Risk of developing an addiction (substance use disorder)

Recommended that patient reduce/quit.

Education materials provided.

Counseling Documentation - Alcohol Only

RAISE THE SUBJECT

Can we spend a few minutes talking about your alcohol use?

PROVIDE FEEDBACK

The patient was provided with the following feedback and recommendation:

Alcohol history:

History

Alcohol Use

- 92.0 oz/week
- 8 Glasses of wine, 5 Cans of beer per week

This means you are at risk for developing health problems due to your substance use.

The recommended limits for alcohol use are:

- FOR HEALTHY MEN UP TO AGE 65:
 - No more than 4 drinks in a day AND
 - No more than 14 drinks in a week
- FOR HEALTHY WOMEN, AND MEN OVER AGE 65:
 - No more than 3 drinks in a day AND
 - No more than 7 drinks in a week
- LOWER LIMITS OR ABSTINENCE IF:
 - Taking medications that interact with alcohol
 - Health condition exacerbated by alcohol (liver disease, depression, etc.)
 - Pregnant (advise abstinence)

Alcohol use can affect your health in important ways, including:

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
- Injury/trauma (accidents, fights, unwanted sexual contact, etc.)
- Overdose (particularly with opioid, benzo, alcohol)

I recommend that you quit or cut down, and I'm here to help you with whatever changes you're ready to make.

ENHANCE MOTIVATION

On a scale of 1 to 10 (10=very ready), how ready are you to make any changes to your use? {#:10011}

Why did you select that number, and not a lower number?

What are some things that might be better if you changed your use?

What are some things that might make it hard to change your use?

NEGOTIATE A PLAN

{Ready/Not Ready to Change:32828}

Patient is ready to make a change to their substance use at this time. {DAST 10 READY TO CHANGE.TXT,21904}

Patient is not ready to make a change to their substance use at this time. {PLAN: NOT READY TO CHANGE.TXT,21762}

Goal today is to:

Patient will take one or more of the following actions:

- Track amount used, and how often
- Anticipate high-risk situations
- Get support from friends and family
- Attend meetings or support groups (AA, NA, etc.)
- Start a treatment program

Patient was provided with:

- Education materials
- Referral to Social Work

Patient is not ready to make a change to their substance use at this time.

- Provided patient education materials

Plan to follow up at next visit

Suggested Diagnosis: Alcohol use [F10.99]

Counseling documentation - Drug Only

RAISE THE SUBJECT

Can we spend a few minutes talking about your drug use?

PROVIDE FEEDBACK

The patient was provided with the following feedback and recommendation:

Drug history:

History

Drug Use

- Frequency: 5.0 times per week
- Types: Cocaine, IV, Benzodiazepines, Synthetic cannabinoids, Other Prescribed Medications

This means you are at risk for developing health problems due to your substance use.

Drug use can affect your health in important ways, including:

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
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- Get support from friends and family
- Attend meetings or support groups (AA, NA, etc.)
- Start a treatment program

Patient was provided with:

- Education materials
- Referral to Social Work

Patient is not ready to make a change to their substance use at this time.

- Provided patient education materials
- Plan to follow up at next visit

Suggested Diagnosis: Drug usage [F19.90]

Counseling documentation – Drug and Alcohol

RAISE THE SUBJECT

Can we spend a few minutes talking about your alcohol and drug use?

PROVIDE FEEDBACK

The patient was provided with the following feedback and recommendation:

.

Alcohol history:

History

Alcohol Use

- 92.0 oz/week
- 8 Glasses of wine, 5 Cans of beer per week

Drug history:

History

Drug Use

- Frequency: 5.0 times per week
- Types: Cocaine, IV, Benzodiazepines, Synthetic cannabinoids, Other Prescribed Medications

This means you are at risk for developing health problems due to your substance use.

The recommended limits for alcohol use are:

- FOR HEALTHY MEN UP TO AGE 65:
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 - No more than 7 drinks in a week
- LOWER LIMITS OR ABSTINENCE IF:
 - Taking medications that interact with alcohol
 - Health condition exacerbated by alcohol (liver disease, depression, etc.)
 - Pregnant (advise abstinence)

Alcohol and Drug use can impact your health in important ways, including:

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
- Injury/trauma (accidents, fights, unwanted sexual contact, etc.)
- Overdose (particularly with opioid, benzo, alcohol)

I recommend that you quit or cut down, and I'm here to help you with whatever changes you're ready to make.

ENHANCE MOTIVATION

On a scale of 1 to 10 (10=very ready), how ready are you to make any changes to your use? {#:10011}

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What are some things that might be better if you changed your use?

What are some things that might make it hard to change your use?

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- Get support from friends and family
- Attend meetings or support groups (AA, NA, etc.)
- Start a treatment program

Patient was provided with:

- Education materials
- Referral to Social Work

Patient is not ready to make a change to their substance use at this time.

- Provided patient education materials
- Plan to follow up at next visit

Suggested Diagnoses: Alcohol use (F10.99), Drug use (F19.90)

Patient Education

Patient Education: Alcohol

Did you know...

-  Alcohol has important impacts on your health. Even if you're not a heavy drinker, alcohol can affect your liver, heart, immune system, sleep, mood, your sex life, and other aspects of your health.
-  Any alcohol use during pregnancy can harm the developing fetus
-  Alcohol interacts with prescribed medications in ways that can be dangerous
-  Because alcohol impacts your thinking, you might put yourself in dangerous situations, leading to accidents and injuries.

What you can do...

-  Take action now:
 - talk with your doctor
 - set a goal to use less
 - track how much you're using, to see if you can meet the goal you set
 - ask for support from people around you
-  If you're having a hard time reducing your alcohol use, talk to your doctor or social worker about getting treatment that can help.
-  Follow up with your doctor about how alcohol is affecting your health.
-  Call 1-888-NYC-WELL for treatment referrals and more information.
-  We're here to keep you healthy. Let us know how we can help you meet your goals regarding alcohol use.

Patient Education: Cocaine

Did you know.....

-  Cocaine causes: anxiety and panic
-  Depression
-  Nausea
-  Restless sleep
-  Speeds up heart rate and raises your blood pressure

What you can do....

-  Talk with your doctor about how cocaine can be affecting your health.
-  Think about who your support system can be
-  We have social workers who can help you

Patient Education: Marijuana

Did you know....

-  Marijuana has important effects on your health.
 - It can decrease your short term memory, ability to concentrate, and motivation.
 - Marijuana increases your appetite, which can lead to weight gain.
 - Smoking marijuana can damage your lungs
 - Because it impacts your thinking, you might put yourself in dangerous situations, leading to accidents and injuries.
-  People can become 'addicted' to marijuana, meaning they have a hard time controlling their use, or develop problems related to their use.

What you can do...

-  Take action now:
 - talk with your doctor
 - set a goal to use less
 - track how much you're using, to see if you can meet the goal you set
 - ask for support from people around you
-  If you're having a hard time reducing your marijuana use, talk to your doctor or social worker about getting treatment that can help.
-  Follow up with your doctor about how marijuana is affecting your health.
-  Call 1-888-NYC-WELL for treatment referrals and more information.
-  We're here to keep you healthy. Let us know how we can help you achieve your goals regarding marijuana use.

A word about synthetic marijuana: "Spice" or "K2"

-  'Synthetic marijuana' is not marijuana at all. It is a mixture of chemicals that can be harmful to your health.
-  It can cause anxiety and paranoia, confusion, heart attacks, seizures, and loss of consciousness.
-  Synthetic marijuana is illegal in New York

Patient Education: Opioids

Did you know.....

-  Opioids cause: dizziness and nausea
-  Vomiting
-  Constipation
-  Liver damage

What you can do.....

-  Talk with your doctor about how opioids can be affecting your health.
-  Think about who your support system can be
-  We have social workers who can help you

Patient Education: Other Drugs (Hallucinogens and Stimulants)

Hallucinogens include drugs like: MDMA (known as Molly, Ecstasy); Ketamine (Special K); LSD (acid); Psilocibin (mushrooms), etc.

Stimulants include drugs like Methamphetamine (crystal meth) and prescribed medications like Adderall and Ritalin.

While each of these drugs has its own effects, they can have similar effects on your health, including:

-  Mood swings, anxiety, depression, paranoia, and poor sleep.
-  Seizures
-  Because they affect your thinking, you might put yourself in dangerous situations, leading to accidents and injuries, or unsafe sex

What you can do...

-  Take action now:
 - talk with your doctor
 - set a goal to use less
 - track how much you're using, to see if you can meet the goal you set
 - ask for support from people around you
-  If you're having a hard time reducing your use, talk to your doctor or social worker about getting treatment that can help.
-  Call 1-888-NYC-WELL for treatment referrals and more information.
-  We're here to keep you healthy. Let us know how we can help you meet your goals.

Patient Education: Sedatives

Did you know...

-  Sedative medications (like Ativan, Xanax, Klonopin, Valium, etc.) are all in a drug class called 'benzodiazepines', and they can affect your health in similar ways.
-  While sedatives are sometimes needed for medical reasons, they also carry a risk of addiction or overdose.
-  Overdose is a serious risk.
 - You are more likely to overdose if you use sedatives in combination with alcohol, heroin, or opioid painkillers.
-  Because sedatives impact your thinking, you might put yourself in dangerous situations, leading to accidents and injuries.

What you can do...

-  Take action now:
 - talk with your doctor
 - set a goal to use less
 - track how much you're using, to see if you can meet the goal you set
 - ask for support from people around you
-  If you're having a hard time reducing your sedative use, talk to your doctor or social worker about getting treatment that can help.
-  Follow up with your doctor about how sedative use is affecting your health.
-  Call 1-888-NYC-WELL for treatment referrals and more information.
-  We're here to keep you healthy. Let us know how we can help you meet your goals regarding sedative use.

My Goals

This worksheet is a tool to help you to make changes in your alcohol use. It's up to you to decide what changes you want to make.

Step One: Think about why you want to make a change.

I want to change my alcohol use for these reasons:

1. _____

2. _____

3. _____

Step Two: Set some specific goals.

Goals can change over time. For now, set a goal for what you're ready to do now - this week, or this month.

<p>Alcohol Use Goal</p> <p>. I will start on this day _____</p> <p>.I will not drink alcohol more than _____ in a day</p> <p>.I will not drink more than _____ in a week.</p> <p>Or</p> <p>.I will stop drinking</p>
--

Step Three: Think about how you can get support.

Can you think of one barrier that might make this hard?

How will you overcome this barrier?

My Goals

This worksheet is a tool to help you to make changes in your drug use. It's up to you to decide what changes you want to make.

Step One: Think about why you want to make a change.

I want to change my use for these reasons:

1. _____

2. _____

3. _____

Step Two: Set some specific goals.

Goals can change over time. For now, set a goal for what you're ready to do *now* – meaning this week, or this month.

<p>. I will start on this day _____</p> <p>.I will not use more than _____ in a day</p> <p>.I will not use more than _____ days in a week.</p> <p>Or</p> <p>.I will stop using.</p>

Step Three: Think about how you can get support.

Can you think of one barrier that might make this hard?

How will you overcome this barrier?

Implementation Toolkit Materials

1. Patient materials

Waiting room poster
Brochure
Letter to patients

2. Provider training

Slides
Pocket card

3. Counseling documentation examples

Centricity
Epic

4. Patient education

Education sheets
Goal setting

Coming soon!

Online screening implementation tool

We are currently working in partnership with NIDA to develop an online tool that will assist primary care clinic directors and administrators in identifying best practices and resources for implementing alcohol and drug screening. We estimate that the tool will be available for public use in fall 2021.

Resources

- NIDAMED: Clinical Resources (NIDA)

<https://www.drugabuse.gov/nidamed-medical-health-professionals>

- Helping Patients Who Drink Too Much – Clinician’s Guide (NIAAA)

<https://pubs.niaaa.nih.gov/publications/Practitioner/CliniciansGuide2005/guide.pdf>

- National Council for Behavioral Health, Implementing Care for Alcohol & Other Drug Use in Medical Settings

https://www.thenationalcouncil.org/wp-content/uploads/2020/08/021518_NCBH_ASPTReport-FINAL.pdf

- A Re-think of the way we drink (Mike Evans whiteboard video)

<https://www.youtube.com/watch?v=tbKbq2lytC4>

- SBIRT Oregon website: <http://www.sbirtoregon.org/index.php>

- TAPS Tool (online version): <https://www.drugabuse.gov/taps/#/>

- NIDA Common Data Elements <https://cde.drugabuse.gov/>

- NYC DOHMH City Health Information: Addressing Alcohol and Drug Use – an Integral Part of Primary Care

<https://www1.nyc.gov/assets/doh/downloads/pdf/chi/chi-35-3.pdf>

Thank you!

Workshop Presenters

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